Monday
AUGUST 22, 2016

★ FREE ★

A Chicago Tribune publication

GOOD AS GOLDEN

MIKE GOLDEN LETS HIS OWN SOUND SHINE ON HIS LATEST ALBUM, 'JUST BE A BETTER PERSON'

PAGES 8-9

LENNY GILMORE/REDEYE

Breaking up with summer *4*

Olympics come to a close *6*

Add 'Halt' to your watchlist *14*

BY SAMANTHA NELSON FOR REDEYE | REDEYE@REDEYECHICAGO.COM » GET MORE SPONTANEOUS EAT. DRINK. DO. IDEAS AT REDEYECHICAGO.COM

EAT

NOW OPEN
Steadfast *120 W. Monroe St. 312-801-8899*
Located within The Kimpton Gray Hotel, the restaurant from the owners of The Fifty/50 serves American fare with Mediterranean and Portuguese influences including smoked oxtail croquette ($8), wood-roasted suckling pig ($14) and cioppino ($38). 11 a.m.-10 p.m.

NEW BREAKFAST MENU
Luella's Southern Kitchen
4609 N. Lincoln Ave.
773-961-8196
Start your day at the counter-service Lincoln Square restaurant, which now offers weekday breakfast including Nashville-style hot chicken and waffles ($12), oatmeal with dried cherries and sorghum pecan crumble ($7) and brioche French toast with maple caramel, butterscotch and pralines ($11). 8-11 a.m.

DRINK

SHOCHU 101 » ***Izakaya Mita***
1960 N. Damen Ave. 773-799-8677
Learn about the Japanese spirit by trying a Fundamentals of Flavor flight ($13) showcasing four of the most popular shochu styles or an Expressions of Technique flight ($18) featuring different production methods. A welcome cocktail is included, and the restaurant also serves a $16 dinner. 5-10 p.m. Reservations required.

DO

NOIR CITY » ***Music Box Theatre***
3733 N. Southport Ave. 773-871-6604
Catch a double feature screening of the 1950 films "Shakedown" at 5 or 9 p.m. and "Outside the Wall" at 7 p.m.—neither of which is available on DVD—as part of the eighth annual noir film festival, which runs through Thursday. $12. Tickets: **musicboxtheatre.com**

'MACBETH' » ***Thalia Hall***
1807 S. Allport St. 866-777-8932.
Theater Zuidpool turns Shakespeare's tragedy into a musical combining rock, folk, alternative and operatic styles to tell the story of the bloody takeover of the Scottish throne. 8:30 p.m.; doors open at 7:30 p.m. $28-$48. Tickets: **chicagoshakes.com**

3-DAY FORECAST

MONDAY
78 61
Beautiful!

TUESDAY
83 65
Still lovely

WEDNESDAY
81 68
Take cover

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Save the date

Eat, Drink, Do's weekly look at a month's worth of shows, tunes, foodie and boozy fun and more

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 21	22	23	24	25	26	27
28	29	30	31	1 September	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17

21

22

Head back to Page 2 for today's Eat. Drink. Do. events.

23

THE BOILERMAKER AT UNTITLED SUPPER CLUB
111 W. Kinzie St.
312-880-1511
Sample beer from 20 craft breweries paired with 20 whiskeys and bites incorporating the flavors of both drinks. 7-10 p.m. $25-$30. Tickets: **eventbrite.com**

24

TIKI LUAU COCKTAIL CLASS AT NACIONAL 27
325 W. Huron St.
312-664-2727
Learn how to make festive drinks while enjoying Stolen Rum punch and tiki-inspired bites. Tickets include a souvenir mug and rum sample to take home. 6:30 p.m. $50. Tickets: **nacional27chicago.com**

25

SCOTTISH FOLK NIGHT AT BIG BRICKS
3832 N. Lincoln Ave.
304-470-0980
The Bach and Beethoven Ensemble hosts a celebration of Scottish culture including poetry readings, food, drinks and music from their upcoming production of "The Gentle Shepherd." 6:30 p.m. $25. Tickets: **bbensemble.org**

26

27

28

MADDY'S DUMPLING HOUSE VEGETARIAN DIM SUM AT SALERO
621 W. Randolph St.
224-392-2683
The BYOB pop-up serves an all-vegetarian dinner including eggplant shumai, mushroom soup dumplings and sweet potato noodles. Noon and 3 p.m. $35. Tickets: **brownpapertickets.com**

29

30

31

FOOD & WINE RECIPE CLASS AT LOCAL FOODS
1427 W. Willow St.
312-432-6575
Butcher & Larder head butcher Rob Levitt leads a class where you'll learn how to cook a beef shank and make the garnishes for a taco party. Tickets include food, beer and a 10 percent discount at the store that day. 6-7:30 p.m. $45. Tickets: **eventbrite.com**

1 September

SMUDGED LIPSTICK REVUE AT MARY'S ATTIC
5400 N. Clark St.
773-609-3636
The monthly burlesque variety show includes a raffle for handmade tassels and tickets to a future performance. Buy your ticket in advance and you'll also get a drink. 10:30 p.m. $15. Tickets: **brownpapertickets.com**

2

3

4

5

6

7

IS IT STILL FUNNY? AT MUSIC BOX THEATRE
3733 N. Southport Ave.
773-871-6607
Former Chicago Tribune film critic Mark Caro hosts a screening and discussion of the 1971 dark comedy "Harold and Maude." 7:30 p.m. $12. Tickets: **musicboxtheatre.com**

8

ADULTS NIGHT OUT AT LINCOLN PARK ZOO
2150 N. Cannon St.
312-742-2000
Explore the zoo after hours once the kids have all gone home and take advantage of animal chats and cash bars. 6:30-10 p.m. $15-$20. Tickets: **eventbrite.com**

9

BRIAN CASSELLA/TRIBUNE FILE

10

RIVER NORTH WHISKEY FESTIVAL AT OLD CROW SMOKEHOUSE AND MOE'S CANTINA
149-155 W. Kinzie St.
Sample more than 50 varieties of scotch, bourbon and whiskey from distilleries including Copper Fiddle Distillery and Chicago Distilling Company. Noon-4 p.m. $50-$60. Tickets: **eventbrite.com**

11

12

'ADAM GREEN'S ALADDIN' AT BEAT KITCHEN
2100 W. Belmont Ave.
773-281-4444
Musician and filmmaker Adam Green performs songs from the soundtrack at a screening of his film, which presents a modern take on the tale. 9 p.m.; doors open at 8 p.m. $15. Tickets: **beatkitchen.com**

13

14

CHEFS BEHIND BARS AT THE DAWSON
730 W. Grand Ave.
202-695-1292
Try cocktails made by Chicago chefs including "Top Chef" alum Aaron Cuschieri and Rob Sidor of Bohemian House, then vote for your favorite at this benefit for No Kid Hungry. 6-8:30 p.m. $45-$50. Tickets: **ce.strength.org**

15

CIDER BASH AT JAKE MELNICK'S CORNER TAP
41 E. Superior St.
312-266-0400
Enjoy more than a dozen artisan ciders, cider cocktails, smoked apple barbecue wings, hot links with cider-braised onions and house baked apple pie at this patio party. 6-8:30 p.m. $40. Tickets: **eventbrite.com**

16

17

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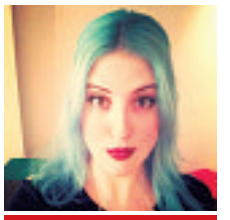
Sorry, Summer 2016, but I'm breaking up with you



The Second City NETWORK

Dana Angelo
» @TheSecondCity

Summer romances are meant to be as fleeting as the humid days and breezy nights, which means the time has come, Summer 2016, for us to part ways. And if I'm being completely honest here, it's definitely you, not me. What's that? You don't understand? Stop playing Pokémon Go for one second and listen to me.

Sure, you came at a time when I was feeling a bit down. The world had just lost David Bowie and Prince, Donald Trump was named the Republican nominee for president of the United States and Burger King started selling hot dogs.

You had so much potential. There were so many good things that were supposed to happen: "Suicide Squad," Taylor Swift dating Tom Hiddleston, the Rio Olympics. But now, Jared Leto won't get another Oscar nomination, everyone on the internet hates TayTay and the Olympics have displayed what a disgustingly misogynistic and racist world we live in and that newspapers aren't afraid to use it as material for headlines.

> "You had so much potential. There were so many good things that were supposed to happen: "Suicide Squad," Taylor Swift dating Tom Hiddleston, the Rio Olympics.

Yes, the Olympics further proved that Michael Phelps is a mopey human-dolphin hybrid with chlorine instead of blood cells, that the American women's gymnastics team is incredible and probably that we all wish our parents pushed us to do more with our lives, but the real highlight was Leslie Jones! For an ephemeral moment, Jones managed to do what you-know-who never will: She made America mildly great again. In fact, if it weren't for all the nonsense of attributing female athletes' victories to their husbands and/or male coaches, we might all feel a teeny tiny bit better about the state of our nation, thanks to our Olympians.

Speaking of, Summer 2016, I think you have a real problem with women. Maybe you have some Mother Nature issues, I don't know, but it shows. So what if "Ghostbusters" was remade but with an all-female cast? They should've had Gilda Radner play the fifth ghostbuster back in 1984!

Honestly, you seem a bit behind the times, Summer 2016. Your opinions are outdated, as were the movies you released over the past few months ("Independence Day: Resurgence," "Angry Birds," "Warcraft," "The Legend of Tarzan").

You've also torn families, communities and entire countries apart on a daily basis. As I'm writing this, there's flooding in Louisiana, fires in southern California and so much violence around the world. This is the time of year for fireworks, not gunshots and bombs. Days should be spent outside, instead of fearing what might happen if you leave your home. I just can't with you anymore, Summer.

I'm putting my sandalled foot down once and for all and saying goodbye to you, Summer 2016. I've already got my eyes on Fall.

FOLLOW DANA ANGELO ON TWITTER @DANA_ANGELO. GET MORE FROM THE SECOND CITY AT SECONDCITY.COM.

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Allyson Felix
GETTY IMAGES

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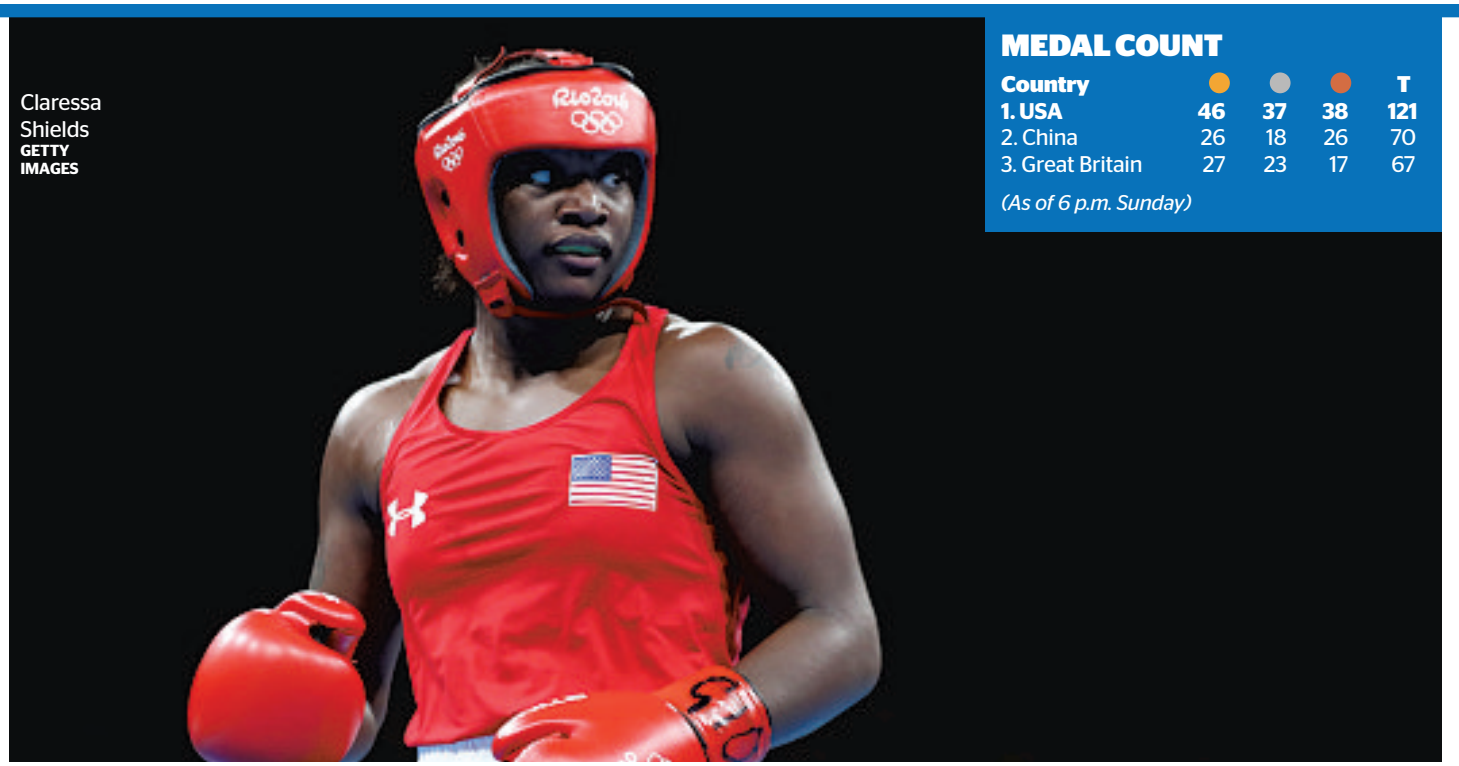
FINAL DAYS OF COMPETITION SEE A FEW FIRSTS AND STREAKS EXTENDED



Claressa Shields
GETTY IMAGES

MEDAL COUNT

Country				T
1. USA	46	37	38	121
2. China	26	18	26	70
3. Great Britain	27	23	17	67

(As of 6 p.m. Sunday)

By Chris Sosa | REDEYE

So that's it then. Sixteen days of (mostly) fantastic international competition are behind us, and now we get to look forward to Bears season. Just kidding, we know it's all about the Cubs for as long as their World Series hopes are alive. The good news? We have to wait only about 18 months until the Opening Ceremony for the 2018 Winter Games in Pyeongchang, South Korea. That'll be here soon, right? Here's how the last few days of the Games of the 31st Olympiad played out.

WE LOVED IT WHEN ...

Matt Centrowitz broke a 108-year drought. No, not THAT 108-year drought. The 26-year-old became the first American since 1908 to win the 1,500 meters, improving on his fourth-place finish at the 2012 Games. "There's nothing like it," Centrowitz told USA Today. "It doesn't compare to anything else I've won in my life. Doing my victory lap, I literally kept screaming to everyone I know 'Are you kidding me?' " Now imagine that feeling all over Chicago. We can get used to that feeling, for sure.

U.S. women's water polo players had their coach's back. Right before the Olympics began, Adam Krikorian learned his brother died of a heart attack. He went home to California to attend to his family and his grief, then returned to coach the Americans to their second straight gold medal. After the final match Friday, the players pulled their coaches into the pool, as is tradition. Then, one by one, they draped their gold medals around Krikorian's neck. The symbolic gesture was touching because coaches don't get gold medals, you see.

"For him to pull his team together after hearing that news hours before [the games began] and be able to sit down and talk to his team in that situation is so telling of his character," team captain Maggie Steffens told USA Today. "He was telling us to enjoy the moment, enjoy opening ceremonies, don't worry about me, you be you, this is our dream, live it. This is a coach who just went through something so traumatic. We wanted to be strong for him, but he was strong for us and that's why he's the best coach in the world."

Sixes were wild. First, the **U.S. women's basketball team** won its sixth straight gold medal, topping Spain 101-72 in the final on Saturday. Totally expected, but nevertheless remarkable, especially when you consider the team won its eight games in Rio by an average of 37.25 points. BTW, the Americans now have won 49 straight in Olympic competition. Yes, that's more than the men. Sky star Elena Delle Donne, for her part, never wanted to be woken up if she was dreaming.

"Yeah, I kept looking at it," she told the Tribune about her gold medal. "Is this real life? Oh, my goodness, somebody pinch me."

GETTY IMAGES

Later on Saturday, the U.S. women won the 4x400-meter relay, the sixth consecutive time they've come out on top in that race. The victory also gave Allyson Felix her sixth gold medal and her ninth total medal. So the most decorated female track athlete in U.S. history also is now tied for most medals among all female track and field athletes; Merlene Ottey of Jamaica also has nine. Most impressive.

(Congrats to the U.S. men, too, who won the 4x400-meter relay after losing to the Bahamas in 2012.)

Usain Bolt went out on top. Although it's too bad the American men were disqualified in the 4x100-meter relay, this just feels right. The "fastest man on Earth" and arguably the most electric (see what we did there?) Olympian of all time finished his Olympic career with gold on Friday. Anything less would have felt a bit incomplete.

A history-making boxer did it again. In 2012, Claressa Shields became the first U.S. woman to win a boxing gold. On Sunday, she defended her middleweight title to become the first U.S. woman and only second American ever to win two boxing golds, and the first U.S. boxer to win them in back-to-back games. Nice!

U.S. men's volleyball rallied for a bronze. The guys had a bummer few days. First, they faced a last-minute loss to Italy on Friday, which bumped them out of the gold-medal match. Then, on Sunday, credentials trouble forced them to walk several blocks to their bronze-medal match—in the rain—and once they made it they soon found themselves down two sets to none against Russia. But they rallied and got it done, taking the final three sets to claim the bronze. Way to keep fighting, guys.

Men's basketball put a nice bow on the games for Team USA. In the final hours of competition on Sunday, the men picked up one last gold for the USA, beating Serbia 96-66 in the final. That's the third straight for U.S. men's basketball, whose team for this year included the Bulls' Jimmy Butler. Congrats!

Simone Biles was picked to carry the U.S. flag in the closing ceremony. Longtime Olympic star Michael Phelps led Team USA into the games; first-time Olympic star Biles was chosen for the honor of leading them out. A fitting choice, no? What a wonderful way to end the competition.

WE HATED IT WHEN ...

Jordan Burroughs was reduced to tears. Yes, the freestyle wrestler had an incredible 130-2 record before he lost twice in these Olympics. But he seemed to take his performance awfully hard. "I didn't see my son walk for the first time. ... I left my wife at home with two kids in Nebraska for long periods of time to go to training camps and tournaments in foreign countries," Burroughs told **TeamUSA.org**. "But she did that joyfully, not begrudgingly, because she knew on days like these I always performed. Now I feel like I let her down and I let my family down." We wish he could have those moments with his son back, but he'll have to settle for knowing there are many more ahead, and no one can take away the gold he won in London.

This fake robbery thing kept blowing up. And really, it probably isn't over yet. Shame on those swimmers for blaming Rio and not their terrible behavior, and for trying to cover the whole thing up. That said, at least Ryan Lochte and Co. finally are owning up to their actions. "This is why I'm taking full responsibility for my actions, because if I didn't over-exaggerate the story ... none of this would have happened," Lochte told NBC's Matt Lauer. Can't disagree with him there.

The rhythmic gymnastics team finished dead last. However, Natalie McGiffert, Kiana Eide, Alisa Kano, Monica Rokhman and Kristen Shaldybin, who train in the northern suburbs, can take comfort in knowing they were the first rhythmic gymnastics team from the U.S. to qualify for the Olympics. The only other time an American team competed, in 1996, the U.S. received a courtesy berth as the host nation. "We weren't really thinking of scores or placements today. We just wanted to end on a good note," McGiffert told the Tribune. "After four years, we're a project that's finally complete."

WORD OF THE DAY
Relief

Heading into the Rio Games, it felt like any day escaping a monumental calamity was a victory, never mind what happened in any competition. Fortunately, these Olympics were not the disaster some envisioned. Now we hope Brazil finds the strength to rise to its feet after being knocked down by all the economic, social and political turmoil it has endured recently. Perhaps the nation's people can find strength in all they've seen the past two weeks.

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TRIBUNE NEWS SERVICES AND REDEYE'S MARGAUX HENQUINET CONTRIBUTED.

music

LENNY GILMORE/REDEYE PHOTOS

FROM 'GO' TO GOLDEN

SINGER MIKE GOLDEN FINDS HIS OWN LANE ON 'JUST BE A BETTER PERSON'

By Josh Terry | REDEYE

Had singer Mike Golden not checked his phone last year, he might have missed his biggest opportunity yet.

"After SXSW, I went to California to work on my album. My buddy and I were on the way to go to the beach for a break day when I got a text from Nico [Segal, aka Donnie Trumpet] asking for my email," the 28-year-old Indiana-raised and now Pilsen-based songwriter excitedly says over lunch at Wicker Park's Dove's Luncheonette. "I was like, why did he ask me for my email? Is he going to send me 'Surf'? My mind was going crazy."

It wasn't just "Surf" Segal sent over: It was an almost-finished song, which already had a hook and a Joey Purp verse but needed a first verse. Golden continues, "He told me, 'I want you to write that verse, but the thing is, I need it by tomorrow night because we need to finish the album.' " So, of course, Golden high-tailed it back to the studio. "I came back to the studio, sat in the room with my team and played the track, then kicked everyone out and wrote it."

> **"THE FUNNY THING IS, WAS THAT CHANCE THE RAPPER HAD WANTED ANOTHER PERSON FOR THAT VERSE, BUT HE ENDED UP CHANGING HIS MIND AS SOON AS HE HEARD ME."**
>
> —singer **Mike Golden**, on the making of "Go"

"I knew it was the biggest chance I had so far in my life so I knew I had to kill it," Golden explains. Segal ended up loving it, telling him, "Bro, you killed it—you sound like a rapper here with an amazing voice. We wanted to get people out of their comfort zone, and that's the idea of the project." That track became "Go," a highlight on the full-length project that was downloaded 618,000 times in its first week. "The funny thing is," Golden says, laughing, "was that Chance the Rapper had wanted another person for that verse, but he ended up changing his mind as soon as he heard me."

Golden has another opportunity to seize the day, and this time it's with his upcoming album, "Just Be A Better Person," which is due out Thursday and is being released under just his last name. It's a party of a pop album that features a parade of genre touchstones like dance, hip-hop and jazz, along with guests Donnie Trumpet, Kweku Collins, Keleehi and more. It's the latest endeavor in a career of hard-work, grinding through [bleeply day jobs and taking every chance he could. Now, with his album and record release show Friday at Double Door, Golden's ready to take the next leap.

Golden's career (and yes, his last name is actually Golden) hasn't always been one of ebullient pop music, though. Born in Hammond, Ind., a steel mill and casino town between Gary and Chicago, Golden's first love was bands like Blink-182 and Red Hot Chili Peppers, which made him pick up a pawn-shop-bought guitar. After finding a

"...I KNEW SOMETHING AMAZING MUSICALLY WAS HAPPENING IN CHICAGO WHEN I MET THOSE SEVEN KIDS. HOW THEY MADE ME FEEL WHEN I SAW THEM LIVE IS HOW I WANTED TO MAKE PEOPLE FEEL WHEN THEY SEE ME LIVE."

—**Mike Golden**, on former Chicago band Kids These Days

post on **purevolume.com** (think Bandcamp but for pop-punk-loving music fans in the aughts), he successfully tried out for a band called Comeback Kurtis, becoming their lead singer and guitarist and changing their name to Cardboard Cutout. "It lasted around three years, but we never played Chicago. But we did open up for Hit the Lights and All Time Low," Golden remembers.

College obligations and the band members' getting serious jobs led to Cardboard Cutout's dissolution, so Golden took the hiatus to attend Purdue. He only lasted a year and a half studying public relations, but his real education was getting back into music. Following multiple trips to Von's Records in West Lafeyette, Ind., his taste expanded to bands like Fleet Foxes and Animal Collective and rap artists like Jay Z, and so did his passion for songwriting, creating material that would become 2010's "Trees Pt. 1," his first EP release as Mike Golden and Friends. He explains, "I called it Mike Golden and Friends because I didn't have a band, but I wanted it to be more than just me playing acoustic guitar." The project included a rotating cast of musicians, including his current and longtime producer Scot Stewart and his old Cardboard Cutout bandmates Jason Riordan and James Roth.

While he was incubating his music, road trips from Hammond to the former River North establishment JBar Lounge kickstarted his career in Chicago. "At that bar, I feel like that was where it all started for me in Chicago," Golden says. It was there that he booked acoustic shows, made connections with filmmaker Davy Greenberg and entrepreneur Joe Freshgoods and began to network with the local scene. Through Greenberg, they collaborated on a video for Golden's single "Stay Here," which led him to more local attention as well as the ears of another band Greenberg was directing videos for: Kids These Days. "We started booking shows together, and I knew something amazing musically was happening in Chicago when I met those seven kids," Golden says. "How they made me feel when I saw them live is how I wanted to make people feel when they see me live."

Mike Golden performs at South by Southwest music festival in Austin.
BRITTANY SOWACKE
FILE PHOTO FOR THE TRIBUNE

From there, Golden continued to hone his craft. There was "Trees Pt. 2," another acoustic-heavy release that found him going into more soulful territory, and on 2011's "Groceries," he channeled the rock-loving part of his palate with hard-hitting cuts like "No Number." 2014's "Utopia" was another leap, taking on the compelling genre-stew of acts like Kids These Days and translating it into his biggest song, "Hey Jane," which featured Vic Mensa and Donnie Trumpet. While all these efforts were released under Mike Golden and Friends, he wanted his next project to be a clearer encapsulation of himself: "I knew I wanted to be on my own, control my sound and release something under my name—just not as Mike Golden and Friends."

Hence the moniker he now performs under: Golden. "I wrote 'Mornin' Momma' about a year and a half ago when I moved to my parents' basement so I could write, travel more and save money to just focus on music," Golden explains. "They still charged me rent, but I needed to work on music and myself—being a better person was all part of making the project to be the best it could be. I needed growth, both personal and musical, to get it right." There was also "Workin' On Myself," an anthemic, horn-led number that set the triumphant tone for what "Just Be A Better Person" would hold. "Once I wrote 'Workin' On Myself,' I realized that this would be the theme of the project," he says. Getting the call to be on Donnie Trumpet and the Social Experiment's "Go" also formed what would follow.

But what precipitated that growth was the end of a four-and-a-half-year relationship documented on album cut "4 Year Interlude." He says of the relationship's demise, "I was stuck and complacent and didn't focus on my music enough. You need to give time to yourself before you can dedicate it to another person." The growth he experienced over the past year and a half, constantly writing, regrouping and re-centering himself, proves wonders once you listen to the project, his most fully realized artistic statement yet. But that personal growth wasn't what inspired the title: It was a fan who DM'd him on Twitter, saying his music "drives me to just be a better person." That message served as Golden's inspiration to keep going.

Now months out from moving to Pilsen, he's ready to see if this project will have the same impact on his fans that this city had on him: "I want people to take away from it the positive vibes, like what Chance did on 'Coloring Book,' and that I could bring it to life in my own way and find my own lane."

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eat&drink

MICHAEL TERCHA/TRIBUNE

fresh finds

5 FAVORITE FARMERS MARKET FINDS AND WHAT TO DO WITH THEM

By James P. DeWan | CHICAGO TRIBUNE

Tell me you go to your local farmers market. Please. Just tell me, and I'll leave you alone. Swear to pie.

WHY YOU NEED TO LEARN THIS

Two reasons: First, you can't beat the capital "F" fresh produce with a stick. I mean, if you've never shopped at a farmers market, well, I suppose it's an exaggeration to say, "you haven't lived." You're alive right now, in fact, reading this article, like some crazy alive person. But, you should still go.

Second: I like to support the little guys. By shopping at farmers markets, we're literally buying into a food system that challenges the corporate, industrialized farming model that currently rules the world. In other words, we're sticking it to the man. Here are a few go-to items I always like to bring home.

Summer squash

Here are some varieties I really like: zucchini, of course, and pattypan squash that look like a 7-year-old's cartoon drawing of an alien spacecraft. And my favorite: golden zucchini, with its deep, lustrous hue that makes plain old yellow squash look like Jim Nabors next to Rock Hudson.

(Do I need to hip up my cultural references, or what?)

Recently, I got something stripy called green tiger squash that, after a couple of zinfandel coolers, might remind one of an unholy union of vegetable and carnivore.

Here's my basic preparation for any of them: Saute 1/4- or 1/8-inch cross-sections or half-moons over high heat in olive oil until tender. Next, add some garlic, salt and as much freshly ground black pepper as your nose can stand. Saute until the garlic is just fragrant, about 30 seconds. This is your base recipe. Now add other farmers market gems: fresh tomatoes, basil, mushrooms, etc.

Suddenly, you realize you could toss the whole thing with pasta for a complete, lovely lunch. Then you're thinking, ooh, I bet some crisp bacon would be good in this, and a little grated Parmesan or fresh mozzarella. OK, now you're just getting crazy.

Tomatoes

The reason we invented summer. Salads, sauces, salsas, sure, but listen to this: When I was in college, working a summer job in a North Carolina mill, we'd eat "mater sammiches": thick slabs of ripe tomato on bread as pure and white as Mother Teresa's soul (as the cheap seats section at the RNC) (as Julia Roberts' smile) (as an Icelandic albino) (I could go on ...). Just slather some mayo onto the bread, place the mater slabs on top, season with salt and pepper and, blammo! One of the greatest things ever. Swear to gosh. Think of it as a B-less BLT. Without the lettuce. A "T," if you will.

Eggs

Regular supermarket eggs can lie in the pan as flat and lifeless as a cardboard zombie. Farmers market eggs, though, fresh as a dadgum daisy, straight from the chicken, sit up as high and as tight as a Nolan Ryan fastball. There's just no comparison.

Poach a couple of farmers market eggs to put over a lyonnaise salad with frisee, crispy bacon and delicious vinaigrette. Or, my favorite breakfast: over-easy egg over leftover legumes—Central American black beans, French white beans or Indian dal—with the warm liquid yolk dripping into the legumes, enriching the sauce.

Melons

Supermarket cantaloupes are small, hard and virtually tasteless. Your locally grown varieties, though, are often huge, juicy and bursting with flavor. Peel, seed and cut one into dice and snack all day long. Or toss the chunks into the blender with some yogurt and ice and a pinch of salt and you've got yourself a smoothie that Genghis Khan or James Caan would enjoy equally. Or puree the cantaloupe with a splash of champagne for a spectacular cold summer soup. Or wrap it in prosciutto and drizzle it with a balsamic reduction.

Beans

Our local varieties from Illinois soil taste nothing like the pale, bland specimens the masters of the national grocery chains have gotten us used to. And consider the tons of beany varieties: yellow beans, purple beans (like green beans, only—go on, guess), gorgeous dragon tongue beans and a host of others. Steam or simmer them, then toss them on a nicoise salad with boiled potatoes, olives, tomatoes and a dollop of canned tuna. Or quick-saute them with a little butter (And garlic. And tomato. And herbs. And mushrooms. And more beans. And and and ...). Trust me, it will make you happy.

JAMES P. DEWAN IS A CULINARY INSTRUCTOR AT KENDALL COLLEGE IN CHICAGO.

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horoscopes

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Leo *July 23—Aug. 22*
This week, you might want to take a complete time-out in matters of the heart. It doesn't look like you'll have much support in the passion or romance department. In fact, if you are dating someone and things aren't going well, this could be a break-up week.

Virgo *Aug. 23—Sept. 22*
This is your week for love! Be sure to open yourself up to all of the most exciting possibilities life and love have to offer. If you're single, this might be a week where you meet someone special.

Libra *Sept. 23—Oct. 22*
The best thing you can do this week for your love life is to steal away time with your sweetie far away from the crowd. Whether this means keeping a low profile at home or something more in-depth is up to you.

Scorpio *Oct. 23—Nov. 21*
Your romantic happiness this week will revolve around your social life. You and your mate may be busy attending parties and events together. Or, you might be working toward a humanitarian endeavor together, and if so, this week there appears to be success.

Sagittarius *Nov. 22—Dec. 21*
It appears that you're dealing with a major responsibility you don't necessarily want. You must accept this burden and try to take charge of the situation. It's possible that you simply won't have the energy for your mate. Your partner will understand.

Capricorn *Dec. 22—Jan. 19*
Setting your sights on something bigger than you can see, taste, touch or feel is the theme for you this week. Fortunately, your sweetheart is going along for the ride and will help to make the adventure even more meaningful. Enjoy the journey!

Aquarius *Jan. 20—Feb. 18*
This could be a remarkable week for you financially, and if so, it'll somehow involve your partner. An investment might pay off handsomely, your partner may receive a generous raise or one of you may inherit money. Wow!

Pisces *Feb. 19—March 20*
Be sure to maximize what is sure to be the most magnificent week for you as far as your relationship potential. This might be the week you get engaged or married. One way or another, love flows and blesses your heart.

Aries *March 21—April 19*
The most beautiful part about your love life this week will be how genuinely helpful your sweetheart is. He or she will take care of the everyday tasks that you're too tired to tackle or just don't enjoy doing. You'll be grateful to have such a giving partner.

Taurus *April 20—May 20*
This will be a week you feel completely loved by your sweetheart, but you might also be concerned about not having enough time for intimacy. If so, do your best to take it in stride. It's only temporary.

Gemini *May 21—June 20*
If you're in a committed partnership, you and your mate may feel that your relationship is a bit stale. If this is the case, you'll want to address it right away. Ignoring the elephant in the room may have disastrous consequences.

Cancer *June 21—July 22*
Communication will be the saving grace to your love life this week. You'll also want to do something nice for your mate without expecting anything in return. Aim for Saturday to surprise him or her with a love letter, card or romantic weekend getaway.

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tv

★★★★
HALT AND CATCH FIRE
AMC, Tuesdays at 8 p.m

GENERAL ELECTRICITY

'HALT AND CATCH FIRE' SEASON 3 IS ANOTHER SOLID UPGRADE FOR TV'S MOST UNDERRATED SHOW

Josh Terry
» jterry@redeyechicago.com
» @joshhterry

Last year, AMC's "Halt and Catch Fire," an '80s-set drama about a ragtag team of Texas computer programmers trying to go toe-to-toe with Silicon Valley, went from a fine if unspectacular show to one of TV's most stellar offerings. Though critical adulation wasn't enough to get the scrappy series better than abysmal ratings (Season 2 averaged a paltry 530,000 viewers per episode, according to AV Club), AMC believed in it enough to renew it for another run, which premieres Tuesday at 8 p.m. Considering the five episodes I've seen of the new season, thank God the network gave it another chance, because these episodes are some of the most confident, elegantly shot offerings of the entire series.

WARNING: SOME SPOILERS FOR SEASONS 1 AND 2 AHEAD.

When "Halt and Catch Fire" made its leap in quality last season, it did so by completely flipping its script. Season 1, while mostly engaging, lacked enough forward motion as the series focused on Joe MacMillan (Lee Pace), a Don Draper-esque salesman with as much faux-charisma as he has secrets, and Gordon Clark (Scoot McNairy), a brilliant but nebbish and heavy-drinking engineer. It sometimes stalled as the two men tried to compete with IBM and Apple with "the Giant," a clunky PC they built for their Texas-based firm, Cardiff Electric, because it relegated to supporting roles the show's best two characters: Cameron Howe (an electric and scene-stealing Mackenzie Davis), a punk-minded and talented coder, and Donna Clark (Kerry Bishé), Gordon's wife.

On the other hand, Season 2 found the show's heart. After Cardiff Electric was sold, the narrative jumped more than a year into the future to focus on Mutiny, a video games-turned-chatroom startup run by Cameron and Donna. Focusing on the chemistry between those two incredible characters—instead of Gordon (who in the first season was much more compelling as a stay-at-home dad dealing with his sense of worth after taking the buyout), or Joe (whose early series blowhard monologues sometimes sucked the air out of an episode and was better on the periphery trying to work his way up at an oil company)—the show was electric. By subverting the blustery and overdone trope of mysterious and difficult men striving to make something great, "Halt and Catch Fire" positioned itself as something better than just its elevator pitch: "Like 'Mad Men' but in the '80s and about computers!"

Like the reboot that made Season 2, the latest 10-episode order upgrades the show's formula. For one, the show moves from Texas to the Bay Area in 1986, where Mutiny lands to expand (and Donna and Gordon attempt to fix their rattled marriage). A newly bearded Joe is also in Silicon Valley, this time as a Steve Jobs-type founder of an anti-virus company (based off software he unethically used from Gordon) complete with zen koans and a turtleneck. Even Gordon has more to do as he attempts to make himself useful working with Donna and Cameron at Mutiny's swanky Silicon Valley headquarters. Because the show's emotional core is still there, including a new Mutiny hire, the socially awkward but brilliant coder Ryan Ray (Manish Dayal), the new season is less of a reboot and more of a spark plug.

Part of the reason "Halt and Catch Fire" works is that its attention to detail is impeccable. Besides "The Americans" or "Masters of Sex," their commitment to capturing a decade is pretty much unmatched, with everything from the set props and costume design to the decade-appropriate music (David Bowie's "Absolute Beginners," Elvis Costello's "Beyond Belief" and Talking Heads' "Burning Down the House," for example) and the impeccably framed cinematography. Plus, the '86 Bay Area setting allows for the show to explore more territory than its former Texas locale allowed, such as workplace sexism, the AIDS crisis (something only hinted at in Season 1) and the cutthroat and toxic Silicon Valley culture.

But the real joy of "Halt and Catch Fire" is watching the characters create and solve problems—especially Cameron and Donna as they navigate the misogynistic web of Silicon Valley culture as they try to secure venture capital funding for Mutiny. More so than that plot, especially resonant considering the ever-pervasive sexism in tech culture today, is how Donna's pragmatism meshes with Cameron's manic, and sometimes destructive, brilliance. There's hardly a more electrifying pairing on television than Bishé and Davis. McNairy's subtly rendered Gordon also shines when he's trying to balance finding his place at Mutiny while attempting to fix his marriage (Bishé and McNairy also have an undeniable rapport).

Sure, "Halt and Catch Fire" won't be for everyone. Besides its wonky name, there's mile-a-minute PC talk that'll sound like complete gibberish to people who don't code or know how PCs are built (guilty!), and yes, Joe can be a little heavy on the gasbag smarminess and Gordon can be incredibly frustrating. However, in the void left from AMC's best shows like "Mad Men" and "Breaking Bad," there's not a doubt that "Halt and Catch Fire," a show that has progressively gotten better with every episode, is filling it.

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4			2	6	5	1		
9	1		4					3
	6		1	7	3		2	
3					2		8	1
		3	8	5	4			7
			3	1		8		9
	8			2			1	5

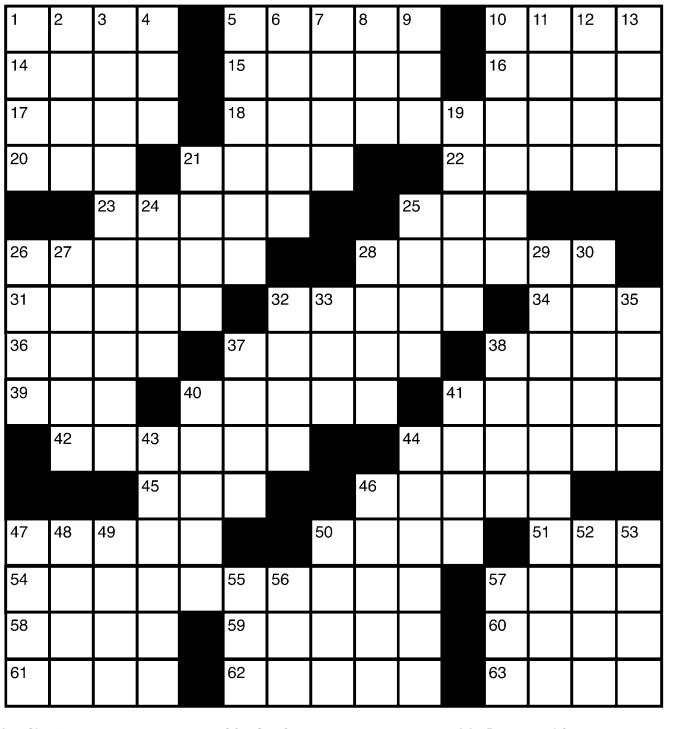
DIFFICULTY RATING: ★☆☆☆☆

5	8	4	1	6	3	9	7	2
3	1	7	8	2	9	4	5	6
9	2	6	5	4	7	1	3	8
2	3	9	6	8	4	7	1	5
4	6	8	7	5	1	2	9	3
1	7	5	3	9	2	8	6	4
7	4	1	2	3	6	5	8	9
8	9	3	4	7	5	6	2	1
6	5	2	9	1	8	3	4	7

FRIDAY'S SOLUTIONS

R	O	S	E	S		G	L	A	D		P	A	P	A
U	N	C	U	T		L	O	S	E		A	G	E	D
S	T	A	R	E		A	U	K	S		R	E	A	D
H	O	M	E	W	A	R	D		P	R	I	N	C	E
			K	A	L	E		R	O	O	S	T	E	R
H	O	W	A	R	E		B	O	T	C	H			
A	H	A		T	R	E	E	D		K	E	E	L	S
F	I	R	M		T	A	L	E	S		S	A	I	L
T	O	N	I	C		R	I	O	T	S		S	K	I
			S	H	O	N	E		E	L	A	T	E	D
P	A	R	L	O	R	S		S	E	A	R			
S	L	E	E	P	S		S	U	P	P	R	E	S	S
Y	O	G	A		H	U	L	A		P	I	X	I	E
C	H	A	D		U	N	I	V		E	V	E	N	T
H	A	L	S		T	O	M	E		D	E	S	K	S

ACROSS
1 Next month: abbr.
5 Prescribed amounts
10 Villain
14 Ashen
15 Got up
16 __ for; bought
17 As wise __ owl
18 Sickening
20 Pig's home
21 Boring
22 Dark and dirty
23 Snatches
25 Wine and dine
26 Bawl out
28 Just around the __; impending
31 Fragrance
32 Chimney emission
34 Prefix for spell or management
36 Wildebeests
37 Grain storage towers
38 Stinging insect
39 Sermon topic
40 Waits in hiding
41 Ore seeker
42 Fisher & Albert
44 Furious protest
45 At the __ of the day; ultimately
46 Cold rice with raw fish
47 Exact duplicate
50 Foundation
51 Prefix for paid or nuptial
54 Indirect
57 Artificial
58 "Nay" voter
59 Chop finely
60 "__ Small World"
61 Mrs. Truman
62 __ up; tallied
63 Abound



DOWN
1 Jacuzzis
2 Vane direction
3 Area for a kid's school recess
4 Morning hour
5 "The Blue __"; Strauss piece
6 Graduate exams, maybe
7 Aretha's music
8 19th letter
9 Look at
10 Choice
11 Make progress
12 Engagement symbol
13 Uptight
19 Worship
21 Facts & figures
24 Los Angeles team
25 Stir-fry pans
26 Paper sacks
27 Bert's buddy
28 Pigeon cries
29 Set free
30 Staircase piece
32 Gentlemen
33 Monogram for Coretta's hubby
35 Nimble
37 Sought damages from
38 Put up __; tolerate
40 Like a pricey coat
41 Think deeply
43 Actor Weaver
44 Removed from power
46 Hollandaise or Tabasco
47 Grouchy fellow
48 "The __ Ranger"
49 Pitcher's joys
50 James __; 007
52 Trick
53 Test
55 Doctors' org.
56 Auction offer
57 In good shape

TODAY IN THE YEAR

1910: Japan annexed Korea, which remained under Japanese control until the end of World War II.
1996: President Bill Clinton signed welfare legislation ending guaranteed cash payments to the poor and demanding work from recipients.
2011: Hurricane Irene cut a destructive path through the Caribbean, raking Puerto Rico with strong winds and rain and then spinning just north of the Dominican Republic.

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WEEKDAYS 4-10A
wgnmorningnews.com

ORA: 13002803-IRB01 Date IRB Approved: 8/2/2014 Amendment Date: 2/19/2015

Are you a U.S. Veteran?
Have you been diagnosed with low back pain?

You may be eligible for a research study examining the effect of morning bright light therapy on your pain, sleep and mood.

- We are looking for U.S. veterans who are 18-70 years old
- Study takes 23 days, with a 30 day minimal contact follow up
- Study involves:
  1. Wearing a wrist monitor, sleeping at home
  2. Four visits to our laboratory where you have a pain assessment
  3. Three nights at home where you collect your saliva
  4. Two weeks where you use bright light boxes for 1 hour each morning (we will visit you at home to set up light boxes)
- No drugs or invasive procedures like blood draws
- You will be compensated up to $825 for your time, and learn if a light box improves your pain, sleep and mood.
- Free parking in our attached garage.

To get more information or apply for study, please visit
https://www.surveymonkey.com/s/VeteranLightStudy
OR call 312 942-1529

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MARVEL CROSSOVER

Vin Diesel has confirmed to the world that the "Guardians of the Galaxy" gang will be appearing in the upcoming "Avengers: Infinity War," due out in theaters May 4, 2018. According to **avclub.com**, Diesel revealed the information during a Facebook chat and said it's "incredibly exciting." "Guardians of the Galaxy Vol. 2" is scheduled to be released in theaters on May 5, 2017.

THE QUOTE

"For me, if a character's primary attribute—the thing that makes them iconic—is the color of their skin, or their hair color, frankly, that character is shallow and sucks. For me, what makes MJ MJ is her alpha female playfulness, and if the actress captures that, then she'll work."

—"Guardians of the Galaxy" writer/director James Gunn, in a post on Facebook, about the controversy surrounding actress **Zendaya** possibly being cast as Mary Jane Watson, who has previously been portrayed as white, in the upcoming Spider-Man reboot.

THE DIGIT

$20.7M

That's how much money "Suicide Squad" made at the box office this weekend. According to **deadline.com**, the DC movie ruled No. 1 this weekend, crushing newcomer "Ben-Hur," which made only $11.35 million and placed fifth. Womp womp.

Margot Robbie in 'Suicide Squad'

TMI

Nick Cannon stopped by "The Amber Rose Show" on Friday and divulged just a little too much about his sex life with his ex Mariah Carey. When Rose asked if Cannon and Carey ever had sex to Carey's music, Cannon said yes, adding, "Can you imagine having sex with Mariah Carey while Mariah Carey is playing in the back? That is a dream come true." And guess which song? "Hero." Yup. You will never hear that song the same way.

We're loving it

Kanye West for president. Seriously. The rapper wrote a poem about our favorite fast-food restaurant, McDonald's, for Frank Ocean's newly released magazine. According to **vulture.com**, here's an excerpt from "The McDonald's Man":

"McDonald's man
McDonald's man
McDonald's, damn
Them french fries look good tho
I knew the diet Coke was jealous of the fries
I knew the McNuggets was jealous of the fries
Even the McRib was jealous of the fries
I could see it through his artificial meat eyes
And he only be there some of the time
Everyone was jealous of them french fries
Except for that one special guy
That smooth apple pie"

Yeah, that is some solid gold writing. We love it.

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